



Just Be Newsletter

MR. DON VICKERS & MS. HEIDI SMITH YOUR SCHOOL COUNSELLORS, RECEPTION - YEAR 13

GOOD NEWS A PLACE TO FEEL THE POSITIVE *vibes*

"How do we change the world?"

One random act of kindness at a time."

—Morgan Freeman



19th, May, 2023

May Mental Health Awareness Month

GO GREEN Grub Day

Drive-By



Words and pictures can't really do justice to how our hearts actually grew.

How we felt...

How they felt....

Adding good to our Bermuda...

PRICELESS.



If you missed the viewings of the 2 Screenagers Documentaries in May here are some highlights:

- ✓ The goal is to maintain connection, and when we discuss our worries too much, this strains the relationship.
- ✓ Prioritize face-to-face time, validate feelings, empower problem solvers, and seek support.

[This page is FULL of excellent resources for all the movies and associated topics.](#)

THE SCREENAGERS MOVIE TRILOGY - ADDITIONAL RESOURCES AND LINKS

SCREENAGERS UNDER THE INFLUENCE

- YOUTH LED
- MENTAL HEALTH SUBSTANCES
- COMMUNITY PREVENTION
- PRO-SOCIAL VIDEO GAMES
- DIGITAL CITIZENSHIP
- INTERNET ADDICTION
- RECOVERY SUPPORT
- FENTANYL
- CANNABIS
- ANTI-BULLYING CAMPAIGNS
- AFTERSCHOOL ACTIVITIES
- PARENTING APPS
- OUR EXPERTS' BOOKS
- EDUCATION IN SCHOOLS
- VAPING
- SCREEN TIME CONTRACTS
- SCHOOL CELL POLICIES
- ALCOHOL

SCREENAGERS NEXT CHAPTER

- SLEEP & SCREENS
- SCREEN TIME BALANCE
- SUICIDE PREVENTION
- AWAY FOR THE DAY
- TECH TALK TUESDAYS
- MINDFULNESS APPLICATIONS
- RESILIENCY SKILLS IN SCHOOLS
- MENTAL WELLNESS CLUBS
- PARENTING SKILLS
- SKILLS FOR ANXIETY
- SKILLS FOR DEPRESSION
- MENTAL HEALTH SUPPORT ORGS

HELPFUL LINKS

From Spectrum Health's VP, Melissa Farrell

Creating a **summer bucket list** is a great way to focus your family on slowing down and being mindful of time. This conscious activity will force the mind to pay attention to where time is devoted. Sit with your family and identify a list of activities that are realistic for the family to accomplish in the summer school break. **In other words, plan to make a memory. Time will fly by.** Our culture pushes time forward faster it seems all the time. Practicing awareness of managing time and experiences promotes greater emotional health through intentional choices.

SUMMER BUCKET LIST

- GO ON A BIKE RIDE
- MAKE S'MORES
- DRINK A TROPICAL DRINK
- MAKE POPCICLES
- HAVE A WATER BALLOON FIGHT
- DO A SERVICE PROJECT
- BUILD A FORT
- PLAY BEACH BALL VOLLEYBALL
- READ A BOOK BY THE POOL
- DO A CARTWHEEL
- PLANT FLOWERS
- SLEEP IN LATE
- ROLL DOWN A HILL
- EAT CORN ON THE COB
- WAVE A FLAG
- BURY YOUR TOES IN THE SAND
- SPEND A DAY PLAYING BAREFOOT
- TRY 12 FLAVORS OF ICE CREAM
- FLY A KITE
- LAY DOWN AND LOOK AT STARS
- HAVE A BACKYARD BBQ
- GO TO A DRIVE-IN MOVIE
- HAVE A FAMILY SLUMBER PARTY
- PLAY WATER GAMES
- EAT A HOT DOG FROM THE GRILL
- SEND LETTERS TO FRIENDS
- GO GEOCACHING
- GO ON A PICNIC
- GO HIKING
- EXPLORE THE GREAT OUTDOORS

Welcome to our monthly newsletter where we will keep you up to date with our school counselling initiatives and share timely thoughts and articles.

Be a lighthouse....**SHARE, TALK, GET HELP, GIVE HELP.**

Contact your doctor, trusted adult, or school counsellor for more help.

hsmith@warwick.bm or dvickers@warwick.bm

